Are We There Yet?

By Susan Davis, Library Assistant

Just as a car trip may feel too long to a child, sometimes it seems like this pandemic will never end. Whether you are lonely, under stress, out of money, or just plain fed up, it is important to not suffer in silence. Reach out for help - there are people and organizations that are here to provide assistance.

Call a friend to chat and share, take three deep cleansing breaths, do some stretches or jumping jacks to get your blood flowing, then go to the library’s website at www.herricklibrary.org, click on Health Information and then Local Health Resources for a list of organizations that provide help, including the following:

• 211, www.211sandiego.org: San Diego County’s free, confidential 24-hour access to community, health, and social services. Dial 2-1-1.
• Jewish Family Service of San Diego, www.jfssd.org: JFSSD provides essential services to all, including families and the elderly. Call 858-637-3210.
• National Suicide Prevention Lifeline, www.suicidepreventionlifeline.org: Free and confidential support 24/7 for people in emotional distress. Call 800-273-TALK (8255) or text 741741.
• San Diego Domestic Violence Crisis Line, www.sdsdshield.net/dv/: This 24-hour hotline will connect you to the San Diego County Sheriff’s Department. Call 888-385-4657.
• YWCA 24-Hour Domestic Violence Hotline, www.ywcasandiego.org/get-help/beckys-house: The YWCA provides a hotline, a shelter called Becky’s House, as well as transitional housing. Call 619-234-3164.
• East County Resource Center for COVID-19, www.eastcountymagazine.org/covid-19-local-resources: Includes medical and mental health clinics, food resources, info for renters and more.

Whether you need services, ideas for coping with family, a listening ear, or ways to get involved by helping others, there are resources for you to explore. Live Well San Diego at www.livewellsd.org enlists multiple resources to help all San Diego County residents be healthy, safe, and thriving. Remember, together we can do more than each of us can do alone.

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Virtual Wellness Wednesday

Wednesday October 28, 2020
10 a.m. - 11 a.m.
Families, COVID, Mental Health & Self-Care
Speaker: Suzette Southfox
National Alliance on Mental Illness (NAMI) San Diego

Learn about common mental health conditions, how to support loved ones living with these challenges and the importance of self-care for caregivers.

Hosted on Zoom
Registration required: https://tinyurl.com/Octoberww
or 619-825-5010

Upcoming Programs

There will not be a Wellness Wednesday in November or December as the 4th Wednesdays fall on holidays. However, we will be announcing some crafty projects, with supplies provided. Sign up for our monthly e-newsletter to find out what we have in store for the holiday season.
Sign up @ http://eepurl.com/dt8pAP

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Introducing Herrick Library’s eLibrary!

Your Herrick Library card gets you access to a whole eLibrary of online resources, from digital magazines to ebooks and streaming video to databases containing reliable health information. Created to be easy to use, the online resources are accessible 24/7 from the safety of your home just by entering your library card number. Another advantage of online resources is the ability to increase the size of the text. Library staff are ready to assist you in getting started with any of the resources listed below. If you don’t have a library card, give us a call or email, or sign up online. Access the new eLibrary at: https://www.herricklibrary.org/elibrary/

Flipster
Browse, read and enjoy about 50 digital magazines on your computer, tablet or smartphone.

Libby by OverDrive
A one-tap reading app from our library where you can borrow ebooks, listen to audiobooks and stream video for free. Any ebook can be made large print! Read anytime, anywhere from your computer, tablet, Kindle or smartphone.

Gale Health & Wellness
Search by disease or condition, look up more information about a diagnosis or test. There are also sections on drugs and supplements and mental health. Includes the 2020 edition of Gale Encyclopedia of Alternative Medicine and Gale Encyclopedia of Public Health

Natural Medicines database
Curious about a dietary supplement? Thinking about an alternative or integrative therapy? This database looks for the latest scientific evidence that supports or refutes claims.
Curb side pickup of books and DVDs is available to library card holders while our physical library is closed. Call or email to reserve an item. Search the catalog at [https://tinyurl.com/herrick-catalog](https://tinyurl.com/herrick-catalog) for titles, or reserve one of our new books below!

**Family and Parenting**
- Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges
- The Complete Guide to Special Education
- Mayo Clinic Guide to Your Baby's First Years
- The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction
- Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids
- Safeguarding Your Child with Autism: Strategies and Tools to Reduce Risks

**Diet and Exercise**
- DASH Diet for Two: 125 Heart-Healthy Recipes to Lower Your Blood Pressure Together
- Diet and Nutrition: Nutritional Concerns with Pancreatic Cancer
- Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis
- Forget Dieting!: It's All about Data-Driven Fueling
- Joy Bauer's Superfood!: 150 Recipes for Eternal Youth
- Mind and the Brain
- Overcoming the Challenges of Cancer Care: How to Avoid Pitfalls on the Path to Healing
- The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.

**Mind and the Brain**
- The Anxiety and Phobia Workbook (Newly Updated and Revised 7th Ed)
- The Collected Schizophrenias
- The Depression and Bipolar Workbook: 30 Ways to Lift Your Mood & Strengthen the Brain
- Essential Art Therapy Exercises: Effective Techniques to Manage Anxiety, Depression, and PTSD
- Real Change: Mindfulness to Heal Ourselves and the World
- The Well-Gardened Mind: The Restorative Power of Nature
- The Complete Guide to Safe and Effective Exercises for Osteoporosis
- The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction
- Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids
- Safeguarding Your Child with Autism: Strategies and Tools to Reduce Risks

**General Health**
- ABA/AARP Wise Moves: Checklist for Where to Live, What to Consider, and Whether to Stay or Go
- Age Later: Health Span, Life Span, and the New Science of Longevity
- Aging with Agency: Building Resilience, Confronting Challenges, and Navigating Eldercare
- An Overview of Pancreatic Cancer: A Guide to Understanding a Complex Disease
- Death in Mud Lick: A Coal Country Fight against the Drug Companies That Delivered the Opioid Epidemic
- Disability Visibility: First-Person Stories from the Twenty-First Century
- Eat, Sleep, Breathe Oral Health: Why Your Mouth Matters
- How Seniors Are Saving the World: Retirement Activism to the Rescue!
- Mayo Clinic Guide to Arthritis: Managing Joint Pain for an Active Life
- Menopause: A Comic Treatment
- Which Country Has the World's Best Health Care?
- What You Need to Know about Diabetes (Inside Diseases and Disorders)
- Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin 3rd Edition
- Years 60s 70s 80s 90s
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**Memoirs**
- The Answer Is... Reflections on My Life (Alex Trebek)
- Gentle on My Mind: In Sickness and in Health with Glen Campbell (Kim Campbell)
- This Is Big: How the Founder of Weight Watchers Changed the World – and Me (Marisa Meltzer)
- Pearls of Wisdom: Little Pieces of Advice (That Go a Long Way). (Barbara Bush)

**Books for Children & Teens**
- Chicken Little: The Real and Totally True Tale
- A Feel Better Book for Little Worriers
- Hello Goodbye Dog
- A Little SPOT Stays Home: A Story About Viruses And Safe Distancing
- Remembering Ethan
- The Skeleton Book: Get to Know Your Bones, Inside Out
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- When a Kid Like Me Fights Cancer
- Yes I Can!: A Story of Grit
- You Don't Know Everything, Jilly P!

**New Audiobooks Available in Libby**
- A Dangerous Son
- Ken Burns Presents the Gene: an intimate History
- The Kids We Lose Mother, Father, Deaf No Small Matter
- Captain Newman, M.D. The Etruscan Smile Hope Gap
- Ice Cream in the Cupboard Jumanji -- the Next Level
- Tai Chi Fit: Over 50 Beginner Exercises with David-Dorian Ross

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